

Guidelines for completing the 11-Dive Sheet for State Championships

Voluntary Dives

1. **Five (5) Voluntary** dives are required – one from each dive Group.
2. **Two Voluntary** dives must be performed in the Preliminary round of five dives.
3. **Two Voluntary** dives must be performed in the Semifinal round of three dives.
4. **One Voluntary** dive must be performed in the Final round of three dives.
5. The **Total DD** for the five Voluntary dives must be **9.0 or less** (using the assigned dd for the dive which is performed). If the total exceeds 9.0, any dives raising the total above 9.0 will be failed.
6. Identify the Voluntary dives by circling the **Seq. No.** of the Voluntary dives in the column next to where the scores are to be recorded.

Optional Dives

1. **Six (6) Optional** dives are required – must include at least **one dive** from each of the five Groups.
2. **Cannot** have **two Optional dives** from the same Group through Semifinals.
3. **Three Optional** dives must be performed in the Preliminary round of five dives.
4. **One Optional** dive must be performed in the Semifinal round of three dives.
5. **Two Optional** dives must be performed in the Final round of three dives.

Other Requirements

1. **Must perform at least one dive** from each of the **five Groups** in the **first eight rounds** (i.e., through Semifinals). Can be either a Voluntary or Optional dive.
2. The order of dives **must** be clearly marked on the dive sheet. Indicate the order in the column on the far left of the sheet.
3. The appropriate **DD** should be **circled** to designate the **position** for each dive.
4. The **Dive Sheet** must be signed by the **Diver** and the **Coach** - indicating that the Diver can perform all dives selected for the competition.

Note: The Dive Sheet can be changed up until one (1) hour before the start of the Preliminary round of diving competition; errors noted thereafter by the Diving Referee can be corrected up until the start of the competition. **The Diver is responsible that the above requirements are satisfied; failure to submit a correct Diving Sheet is the responsibility of the Diver and may result in disqualification of the Diver from the event.** Review of the Diving Sheet by the Referee does NOT relieve the Diver of this responsibility.